

Youth & Teens

Music



Move Over Mozart Piano Classes

Grade K-6; Ages 5 to 12 years

Learn to play piano familiar tunes on the piano, read music, and, basic music theory. Class recitals are optional. Having a piano at home is not a requirement; instruction on community center piano or keyboard is included in instruction.

A one-time \$10 materials fee is payable to instructor and due at first class • Class size is limited to 6 (additional classes may be added based on waiting lists) • For more information visit moveovermozart.net Location: NKCC

9 weeks

No class 5/26 • Resident \$81 / Non-Resident \$96

Grade K-1; Ages 5 to 6 years

Mon	4:30–5pm	Apr 14–June 16	42173
Mon	5:30–6pm	Apr 14–June 16	42174

Grade 2-6; Ages 7 to 12 years

Mon	6–6:30pm	Apr 14–June 16	42255
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10 weeks

Resident \$89 / Non-Resident \$107

Grade K-1; Ages 5 to 6 years

Thur	4:30–5pm	Apr 17–June 19	42175
Thur	6–6:30pm	Apr 17–June 19	42176
Mon	4:30–5pm	June 23–Aug 25	42182
Mon	5:30–6pm	June 23–Aug 25	42183
Thur	4:30–5pm	June 26–Aug 28	42184
Thur	6–6:30pm	June 26–Aug 28	42185

Grade 2-6; Ages 7 to 12 years

Thur	5–5:30pm	Apr 17–June 19	42256
Mon	6–6:30pm	June 23–Aug 25	42257
Thur	5–5:30pm	June 26–Aug 28	42258

For Move Over Mozart classes for ages 3–6 years, see page 22

For French ages 5–9 years, see page 21

Beginning Guitar Turbo Charged!

12 years to Adult

This fast-paced course covers all the basics – from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

Student must provide their own instrument

Instructor: Scott Lawson • Location: NKCC • 8 weeks

No class 5/26 • Resident \$98 / Non-Resident \$118

Ages 12 to 15 years

Mon	5:15–6:15pm	Apr 14–June 9	42259
Mon	5:15–6:15pm	June 23–Aug 11	42261

Ages 16 yrs to Adult

Mon	6:30–7:30pm	Apr 14–June 9	42260
Mon	6:30–7:30pm	June 23–Aug 11	42262



Art

Explorations for Young Artists NEW!

Ages 6 to 10 years

This class introduces young artists to the adventure of exploring the world of art. Each week a new project explores a new way to play with different mediums including clay, painting, printmaking, found object construction and more. In an atmosphere of play the young artists learn foundational art skills and the creative process. Bring a paint shirt. Beginning and continuing students welcomed. Supplies provided.

Classes offered in partnership with the Kirkland Arts Center

Location: PKCC • Instructor: Karen White • No class 7/5

6 classes • Resident \$75 / Non-Resident \$90

Sat	9:30–11am	Apr 12–May 17	41858
Sat	9:30–11am	June 7–July 19	41859



Cooking

Creating In The Kitchen With Karen

Ages 4 to 8 years

Nurture curiosity in this tasty class where your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Instructor: Karen Renfro-Gielgens • \$10 supply fee payable to instructor • 8 weeks • No class 5/26 & 6/23

Resident \$69 / Non-Resident \$83

Mon	3:50–4:50pm	Apr 14–June 9	42144
Mon	3:50–4:50pm	June 16–Aug 11	42146

For Creating in the Kitchen with Karen ages 3–5, see page 20

Summer Workshop

Dinner and Dessert with Karen

Ages 6 to 8 years

Come have some fun learning to create a three course meal fit for your family dinner including dessert too! Each day we will have new recipes and will talk about: picking fresh and healthy ingredients, chopping, measuring, and the correct cooking method needed for each course. This program is hands-on so dress for cooking and an explosion of flavor!

Location: McAuliffe Park, 10824 NE 116th St, Kirkland (enter off of 108th Ave NE)

Instructor: Karen Renfro-Gielgens

Resident \$124 / Non-Resident \$149

Mon–Wed	1–3pm	Aug 18–20	42263
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Life Skills and General Interest

Kidsafe

Ages 5 to 9 years with parent

Today's news is filled with stories of child abuse, assaults, and Amber alerts. Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills class for girls and boys ages 5-9. Learn about risks facing your kids, how to frame the discussion with children, and recognizing when someone may be targeting your family. Children will practice the 'five fingers' approach: think, yell, get free, run, and tell.

*Instructor: Joann Factor • Location: NKCC
Resident \$37 / Non-Resident \$43*

Sat	12:30–2pm	Apr 19	42264
Sat	12:30–2pm	Aug 23	42265

Young Ladies & Gentlemen (Etiquette)

Ages 6 to 11 years

Manners are the key to building positive friendships and strong self-confidence. This fun, hands-on workshop explores the value of kindness and respect for others and their practical applications in introductions and handshakes, table manners, personal care, posture, telephone etiquette and more.

*Instructor from Final Touch Finishing School
Location: NKCC • Resident \$39 / Non-Resident \$47*

Sat	9am–12pm	May 10	42266
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*Location: Heritage Hall, 205 Market St, Kirkland
Resident \$39 / Non-Resident \$47*

Wed	9am–12pm	July 23	42267
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Starting Point – Middle School Success **NEW!**

Ages 12 to 14 years

Navigate middle school with confidence and class with the 3 R's—respect, restraint & responsibility! Gain valuable tips on creating and maintaining meaningful friendships, introductions, conversation starters, cell phones, social media, and how to stay organized. Discover the power of maintaining a positive attitude, and how you can create an authentic and appropriate first impression.

*Instructor: from Final Touch Finishing School
Location: Heritage Hall, 205 Market St, Kirkland
Resident \$54 / Non-Resident \$65*

Wed	1–5pm	July 23	42268
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Preteen Style

Ages 9 to 11 years

Girls, discover how to develop your own style and not just follow the crowd. True style and confidence shines from the inside out and enables you to be a leader. Learn valuable communication skills, party manners, ways to develop great friendships, maintain a positive attitude, and tips on posture, clothing, and nutrition. Experience the steps to great skin as you give yourself a facial!

*Instructor from Final Touch Finishing School
Location: NKCC • Resident \$54 / Non-Resident \$65*

Sat	9am–12pm	July 26	42273
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Super Sitters

Ages 11 to 15 years

This program is designed to train young people in basic babysitting and home-alone skills. Students completing this course will be better prepared to provide a safer and more positive infant/child care experience. Taught by a hospital-qualified instructor, this class includes parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Participants receive a *Babysitting 101* handbook and a certification card upon completion of the class.

*Bring a sack lunch, drink, and afternoon snack
Instructor: Cindy Tucker • Location: NKCC
Resident \$48 / Non-Resident \$58*

Sat	9am–2pm	May 17	42269
Sat	9am–2pm	July 12	42271



CPR/AED/First Aid Course for Youth!!

Ages 8 to 14 years

This class gives youth the opportunity to learn how to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age.

Location: TBA • Resident \$65 / Non-Resident \$78

Wed–Fri	9am–12pm	July 23–25	42333
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Cheerleading

Cheerleading

Ages 5 to 8 years

With our Cheer Coach's help your child will learn cheers, chants and dances geared to their level. New routines each session. Parents may join us on the last day of class to see what we have learned.

*Wear loose comfortable clothing and tennis shoes
Location: NKCC • 6 weeks • Resident \$56 / Non-Resident \$67*

Tues	4:10–5:10pm	Apr 15–May 20	42292
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For Pee Wee Cheerleading ages 3–5, see page 23

KIRKLAND KIDS TRIATHLON
SEPTEMBER 13, 2014
AGES 3 TO 12 YEARS
SWIM. BIKE. RUN.
@ JUANITA BEACH
SEE PAGE 47

Youth & Teens

Youth Dance



Beginning Ballet/Tap Combo

Ages 5 to 7 years

This class is a progressive transition from Preschool Dance/Tap Combo B. Using two-thirds ballet and one-third tap, this class will build technique and dance vocabulary. Parent watch day is during the last class; bring your camera!

Ballet and tap shoes required • Location: NKCC

Spring 10 weeks • Resident \$72 / Non-Resident \$86

Thur	5:45–6:30pm	Apr 17–June 19	42276
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Thur	5:45–6:30pm	July 3–Aug 21	42277
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Ballet 1

Ages 5 to 7 years

This class introduces ballet technique to the older student while challenging the younger experienced student. Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor, and center work.

Prerequisite for 5 year olds: Preschool Dance B or equivalent experience • 5 year olds must register by phone at 425.587.3350 • Bring your cameras—Parent Watch day is the last day of session • Location: NKCC

Spring 9 weeks • No class 5/24
Resident \$64 / Non-Resident \$77

Sat	11:30am–12:15pm	Apr 19–June 21	42278
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Summer 8 weeks • Resident \$57 / Non-Resident \$68

Sat	11:30am–12:15pm	July 5–Aug 23	42279
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Ballet – Teen

Ages 10 to 16 years

Learn ballet technique, dance vocabulary, practice exercises at the barre, stretching and center floor work. Emphasis is on improving balance, coordination, alignment and strength all taught in a positive and supportive environment. Students will also learn specific steps and creative movement. This fun, invigorating class for boys and girls is a balance of activities and musical awareness. Two ballet classes per week are recommended for continual progress.

Instructor: Marco Carrabba, Ballet Master / Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 18 years' experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Location: PKCC • No class 5/26, 6/9, 6/30 & 7/2

6 classes • Resident \$66 / Non-Resident \$79

Mon	4:15–5:15pm	Apr 7–May 12	41622
Wed	4:15–5:15pm	Apr 2–May 7	41623
Mon	4:15–5:15pm	May 19–July 14	41624
Wed	4:15–5:15pm	May 14–June 18	41625
Wed	4:15–5:15pm	June 25–Aug 6	41626

4 classes • Resident \$44 / Non-Resident \$53

Mon	4:15–5:15pm	July 21–Aug 11	41627
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Hip Hop Girls 1

Ages 5 to 7 years

Dance like your favorite pop stars! In this high-energy, age appropriate class, girls will learn fun hip-hop techniques and combinations, danced to their favorite music. Hip Hop is a popular, energetic pop style version of urban street dance. Learn the latest moves to “today’s” (clean version) of music. Build self-esteem, enhance your coordination and stay fit!

Wear loose clothing & tennis shoes please! • Location: NKCC

6 weeks • Resident \$42 / Non-Resident \$50

Wed	3:30–4:15pm	Apr 16–May 21	42280
Wed	3:30–4:15pm	June 4–July 9	42281

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	3:30–4:15pm	July 16–Aug 20	42282
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Hip Hop Boys 1

Ages 5 to 7 years

Boys can benefit from dance and the concentration and strength that dance builds. These classes are designed to encourage athleticism. Boys process new information in a different way than girls and will feel more comfortable and accomplished in an environment that is designed just for them. Learn to express yourself through music and dance, using the dynamic dance style of hip hop, a dance form that focuses on the hip hop culture, music attitude, style and funk just for boys.

Wear loose clothing & tennis shoes please! • Location: NKCC
6 weeks • Resident \$42 / Non-Resident \$50

Wed	4:20–5:05pm	Apr 16–May 21	42284
Wed	4:20–5:05pm	June 4–July 9	42285

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	4:20–5:05pm	July 16–Aug 20	42286
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Hip Hop 2

Ages 8 to 10 years

Hip Hop is a popular energetic pop style version of urban street dance. In this class you will learn the latest moves to “today’s” music while you build self-esteem, enhance your coordination and stay fit!

Wear loose clothing & tennis shoes please! • Location: NKCC
6 weeks • Resident \$42 / Non-Resident \$50

Wed	5:15–6pm	Apr 16–May 21	42288
Wed	5:15–6pm	June 4–July 9	42289

5 weeks • No class 7/23 • Resident \$35 / Non-Resident \$42

Wed	5:15–6pm	July 16–Aug 20	42290
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Keiki Hula

Ages 5–8 and 8–10 years

Students will learn the basic foot and hand motions of the hula with emphasis on posture and timing. They will sing and learn the story of their hula along with a few Hawaiian words that pertain to their dance.

Please wear shorts and T-shirts to class
Instructor: Jeanne Makanaokalani Porter • Location: NKCC

Ages 5–8 • Spring 10 weeks • Resident \$71 / Non-Res. \$85

Wed	5:30–6:15pm	Apr 16–June 18	42219
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Ages 5–8 • Summer 6 weeks • Resident \$43 / Non-Res. \$52

Wed	5:30–6:15pm	July 9–Aug 13	42221
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Ages 8–10 • Spring 10 weeks • Resident \$71 / Non-Res. \$85

Wed	4:35–5:20pm	Apr 16–June 18	42220
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Ages 8–10 • Summer 6 weeks • Res. \$43 / Non-Res. \$52

Wed	4:35–5:20pm	July 9–Aug 13	42222
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Rhythmic Gymnastics

Kirkland Parks teams up with La Luna Rhythmic Gymnastics Academy to bring this beautiful Olympic sport of Rhythmic Gymnastics to the Kirkland community. These introductory classes are offered in a safe, friendly, new studio in your neighborhood. Rhythmic Gymnastics combines the grace and beauty of ballet and creative movement with music. Participants perform athletic tricks with ribbons, balls, hoops, ropes and clubs. Self esteem, discipline, flexibility, dance and artistry, concentration, eye/hand coordination, and aerobic exercise are some of the benefits of this unique sport. Gymnasts learn the basic positions of ballet and do routines with music.

Instructor Arzu Karaali has trained athletes for National and International competitions and has worked with athletes as a choreographer for the 1996 Olympic Games in Atlanta. She was selected seven times "Best Choreographer of the Year" in Washington and was awarded "Coach of the Year" three times by the USA Gymnastics Federation in Region 2. www.lalunagym.com



Rhythmic Gymnastics Level 1 Beginners **New Shorter Sessions!** Girls Ages 6 to 8 years

This class will introduce students to ballet preparations, conditioning, and basic study of Rhythmic Gymnastics apparatus. Learn simple routines using hoop, ball, and rope. Gymnasts in this class could be invited to participate in the Academy's performances and exhibitions.

Gymnastics leotard required, bare feet or socks OK.

Location: La Luna Gym, 11251 120th Ave NE, Ste 150, Kirkland

4 weeks • Note classes are 1½ hr • Res. \$80 / Non-Res. \$96

Sat	1–2:30pm	Apr 19–May 10	42559
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5 weeks • Note classes are 1½ hr • No class 5/24

Resident \$100 / Non-Resident \$120

Sat	1–2:30pm	May 17–June 21	42560
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For Rhythmic Gymnastics 4–5 ages, see page 24



Youth Ice Hockey

Ice Hockey 1: Learn to Skate

Ages 4 to 13 years

The focus and goal of Hockey 1 is to teach beginner ice skaters the fundamentals of ice skating. Players will become comfortable on the ice; learn the basic hockey stance, stride, knee bend, use of edges and how to hold a stick before moving onto Hockey 2: Learn to Play. Proper skating techniques are the primary focus of the levels. Skaters will learn the necessary ice skating fundamentals to be successful in Hockey 2 Learn to Play.

Location: Sno-King Ice Arena, 14326 124th Ave NE Kirkland

• **Equipment required:** (Please note below equipment can be rented) helmets, stick, gloves rental available with registration • 6 weeks • **Prerequisite:** N/A (new skaters welcome) No class 4/19, 5/24, and 7/5

Registration closes one week in advance

Class Fee with NO Rental Equipment \$110

Sat	11:40am–12:40pm	Apr 5–May 17	42334
Sat	11:40am–12:40pm	May 31–July 12	42335
Sat	11:40am–12:40pm	July 19–Aug 23	42338

Class Fee WITH Rental Equipment \$125

Sat	11:40am–12:40pm	Apr 5–May 17	42336
Sat	11:40am–12:40pm	May 31–July 12	42337
Sat	11:40am–12:40pm	July 19–Aug 23	42340

Youth Ice Skating,
see page 23

Ice Hockey 2: Learn to Play

Ages 4 to 13 years

Hockey 2 is ideal for boys and girls that have either taken Hockey 1 or have basic skating skills and are ready to move onto a full hockey curriculum. The program focuses on fundamental skating, stick-handling, and improving balance, agility and control. A fun and encouraging environment will be maintained with an emphasis on teaching through drills and scrimmages. Players get the opportunity to play in game situations and are in FULL hockey gear for this class. Course fee includes jersey, distributed mid-season, and end of the year award.

Location: Sno-King Ice Arena, 14326 124th Ave NE Kirkland

• **Equipment required:** (Please note below equipment can be rented) Full hockey equipment required (equipment rental available at Sno-King Ice Arena) • 16 weeks • **Prerequisites:** Hockey 1 or basic ice skating skills •

Players must be registered with USA Hockey and will be given instructions on how to do so prior to the 1st day of class. Annual membership: \$49 for ages 7 and up. No fee for 6 years and younger. The registration is required for insurance purposes and is active for the whole 2013–2014 season • No class 4/19, 5/24, 7/5

Class Fee with NO Rental Equipment \$195

Sat	11:40am–12:40pm	Apr 5–Aug 9	42342
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Class Fee WITH Rental Equipment \$270

Sat	11:40am–12:40pm	Apr 5–Aug 9	42343
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Self Defense

Self Defense for Teen Girls Only

Ages 14 to 19 years

This three hour course will provide young ladies the education and awareness to avoid and escape potentially dangerous situations. Course will cover dating violence, how assailants target and test potential victims, personal safety and much more. Students will learn physical techniques, strikes and releases to safely remove oneself from dangerous situations. It is a great class to take with a friend. Class size limited to 15!

Instructor: Joann Factor • Location: NKCC

Resident \$53 / Non-Resident \$64

Sat	1-4pm	June 21	42274
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Martial Arts

Bully Proof Martial Arts Program

Ages 7 to 12 years

Teach your kids to stand up for themselves! "I'm giving them the courage-and the permission to be loud with someone who's physically threatening them" said Korbett Miller of Miller Martial Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com. He teaches what he preaches by showing students how to set verbal boundaries, what to say, when and how to say it. Class incorporates martial arts to build self esteem and give students alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Location: Miller's Martial Arts Academy 8920 122nd Ave.

NE, Kirkland • Instructor: Korbett Miller • 8 weeks

No class 5/24 • Resident \$57 / Non-Resident \$68

Sat	9:45-10:30am	Apr 19-June 14	42275
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YOUTH TENNIS LESSONS

Using the USTA's QuickStart Tennis program play is structured for kids to learn, rally and play in a way that is enjoyable and rewarding which will promote a lifelong passion for the game. All sessions are two weeks in duration for a total of 8 lessons. Classes meet Monday through Thursday with Friday designated as a makeup day if needed. Loaner racquets are available. Don't forget your water and sunscreen!

QuickStart Beginner

The Basics: Forehand, backhand, serve and scoring

Ages 8 to 14 years

Resident \$64 / Non-Resident \$76 • Location: Juanita High School Tennis Court, 10601 NE 132nd St, Kirkland

Mon-Thur	9-10am	June 23-July 3	40827
Mon-Thur	9-10am	July 7-July 17	40862
Mon-Thur	9-10am	July 21-July 31	40863
Mon-Thur	9-10am	Aug 4-Aug 14	40864
Mon-Thur	9-10am	Aug 18-Aug 28	40865

QuickStart Intermediate— Fine-tuning basics, specialty strokes and game strategy

Players can presently sustain a short rally, knows how to serve and start play as well as a good understanding of scoring

Ages 8 to 14 years

Resident \$64 / Non-Resident \$76 • Location: Juanita High School Tennis Court, 10601 NE 132nd St, Kirkland

Mon-Thur	10:05-11:05am	June 23-July 3	40838
Mon-Thur	10:05-11:05am	July 7-July 17	40866
Mon-Thur	10:05-11:05am	July 21-July 31	40867
Mon-Thur	10:05-11:05am	Aug 4-Aug 14	40868
Mon-Thur	10:05-11:05am	Aug 18-Aug 28	40869

